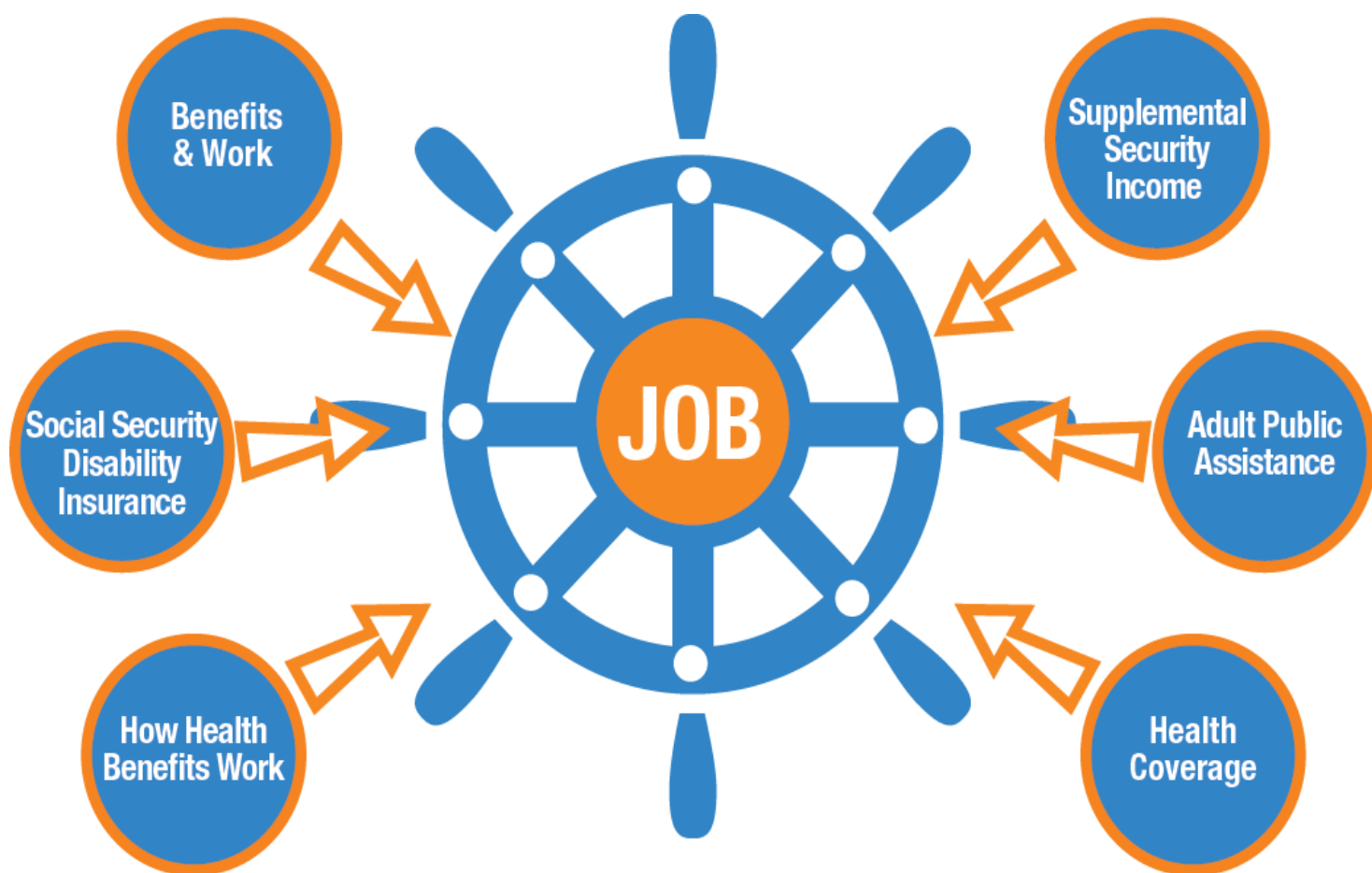


Disability Benefits 101

working with a disability in Alaska



ak.db101.org



DB101 helps you find your way.

- For career minded Americans with disabilities, DB101 is the center of state-focused services when health coverage and disability benefits are key to job seeking decisions.
- DB101 calculators allow you to create and explore scenarios that match your life situation, and find out how changes in employment, earnings, marital status, or other factors may affect health coverage and disability benefits.

DB101 Offers:

- Plain language to navigate through disability benefits and health coverage rules.
- 24/7 access to interactive planning tools and calculators.
- Access to real-time support when planning to accept a job or changing jobs.
- Self-directed learning for disability beneficiaries.
- Teaching tools that deepen learning when benefits planners work with clients.

Alaska DB 101 includes:

- Benefits and Work Calculator: What will happen to your income, benefits, and health coverage if you go to work? You can use the Benefits and Work Calculator to find out how a job may affect your total income and your health coverage
- Supplemental Security Income (SSI) and Adult Public Assistance (APA): SSI and APA give cash benefits to people with disabilities and seniors who have low income and low resources.
- Social Security Disability Insurance (SSDI): SSDI gives cash benefits to people who worked and paid Social Security taxes before their disabilities limited their ability to work.
- Finding the Right Health Coverage For You: Explore the best health coverage options for you with this interactive tool.
- How Health Benefits Work: Learn about the different ways you may be able to get health coverage.

Resources on How to Best Use DB 101: <http://dhss.alaska.gov/gcdse/Pages/db101.aspx>

- Video and PowerPoint which provide an introduction to navigating through benefits and work.
- Video and case study immersion document to better understand how to use the Benefits and Work Calculator.
- Video on the four articles detailing use of the interactive tools throughout, including a quick reference guide to access interactive article tools more easily as well as a document on how to set up benefits and work binder.
- *Coming Soon* Brief basic website navigation demonstration video.

Contact Information

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<http://dhss.alaska.gov/gcdse>

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